

**January &
February**

2025

Karns Senior Center
The Navigator

Monday, January 6th, 13th, & 27th at 1:30 pm... Self Defense for Seniors

This three week class will be taught by Carl R. Smith, one of our senior members as well as a veteran and a martial artist! Come learn tips and techniques to protect yourself. No fee. **RSVP**

Tuesday, January 7th at 11:00 am... Cooking With Laurie

We will be preparing a nice warm bowl of Dal (an Indian inspired dish) herald for its nutritional value. Dals are packed with protein, fiber, and vital nutrients. You can serve this dish as a meal over rice or quinoa. It can also be served as a "heavy appetizer" served with a warm crusty bread or pita bread.

Monday, January 13th at 1:30 pm... Back Pain Causes: How Therapy Can Help

Learn how to naturally heal back pain and sciatica. If you are experiencing pain, numbness, or tingling in your back or legs, this workshop may be for you. Join Lee Easley, DPT, with Knox Physical Therapy for an informational presentation on back pain and sciatica. **RSVP**

Tuesday, January 14th at 10:30 am... Tax Relief/Freeze with Knox Co. Trustee's Office

If you are 65 or older, own your primary residence, and meet certain income requirements, you may qualify for a tax freeze/tax relief. Applications are open through April 5, 2025. Come get more information at this event led by the Knox Co. Trustee's Office. **RSVP**

Tuesday, January 14th at 1:30 pm... Genealogy: Finding Your Family

Join Debbie Russell, an experienced genealogy researcher, as she gives information about how to build your family tree. Genealogy is more than just a search for past relatives, it is a way to preserve family memories for the future. **RSVP**

Wednesday, January 15th at 1:00 pm... Krfty Stamper

Join Cindy Bogard for this fun paper crafting activity. This month's project is a Valentine's card, candy bag, and a flip box. All materials provided. Cost is \$13. **RSVP**



Thursday, January 16th at 10:30 am... Mediterranean Cooking Class

Join Heather Kyle, UT Extension Agent, for this cooking class featuring Mediterranean food. Most of us are aware that a Mediterranean diet is healthy for our bodies, but we may not know what foods are included or how to prepare them. This is your opportunity to learn more about these healthy foods. **RSVP**

Friday, January 17th at 12:00 pm...Field Trip to WKSC for Games Day

Take a trip with us to West Knox Senior Center for a fun afternoon playing games like: Boggle, Farkle, Scattagories, Shut the Box, Quarto, Set, and Uno just to name a few. If you don't know how to play, that's ok; we've picked games that are easy to learn and quick to play. Come enjoy some friendly competition with our friends from West. There will be door prizes and light refreshments. Transportation provided by CAC. **RSVP**

Holiday closings: January 1st, January 20th, February 17th

Karns Senior Center
8042 Oak Ridge Highway, Knoxville, TN 37931, Phone: 865-951-2653

Tuesday, January 21st all day event... Lifeline Screening Event

See the attached flier for more information about this screening event. You will need to register with Lifeline in order to participate. There will be no walk-in appt's available!

Thursday & Friday, January 23rd & 24th from 10:00-12:00... Apple Basics

If you have an iPad or an iPhone and are ready to learn how to use them, this workshop is for you. During this two-day, four-hour class you will learn about the different models and their features. This includes apps, contacts, calendars, mail, texting, Safari and iCloud basics, iTunes, printing, and troubleshooting. Class fee of \$35 prepaid. Class size is limited to 5 participants. **RSVP**

Thursday, January 23rd at 11:00 am... Essential Oils: Winter Make & Take

Join Richard & Deborah for this Winter Wellness Make-and-Take. This class will make sanitizers, sprays, inhalers, and similar solutions using essential oils to aid in your "winter wellness". A small charge ranging from ~\$5 to \$10 for supplies. **RSVP**

Friday, January 24th at 8:30 am... Vet to Vet Café

Join Caris Healthcare, a proud partner of the We Honor Veterans program for this special event. They recognize veterans in the community through the Vet-to-Vet Cafes, in which veterans throughout the community join together in fellowship to reminisce with other veterans while enjoying light refreshments! **RSVP**

Tuesday, January 28th at 10:30 am... Fixed Income Planning w/ Edward Jones

Join Jennifer Skiles, Financial Advisor with Edward Jones of Oak Ridge, as she presents information about financial planning based on a fixed income. Do you have questions about your money lasting through your lifetime? Jennifer believes strongly in helping prepare for the future no matter what your financial goals. **RSVP**

Wednesday, January 29th at 1:00 pm...Winter Dance

Join us for some music and dancing provided by DJ John Rutherford. He will be playing a variety of music to include a combination of ballroom, Latin, line dancing, and country music. We will be providing light refreshments. Cost is \$5 at the door to cover our DJ. **RSVP**

Friday, January 31st at 10:00 am... Cardio Drumming led by Heather Kyle

Yes, we already offer Cardio Drumming, but this is your chance to mix it up a little with Heather serving as our in-person instructor! Same fun activity, but with new music and routines! If you've never tried it, come check it out! All equipment provided. This class will meet on Friday, January 31st, February 7th, February 14th, and February 21st. **RSVP**

Visit our website at knoxcounty.org/seniors

Karns Senior Center
8042 Oak Ridge Highway, Knoxville, TN 37931, Phone: 865-951-2653

Tuesday, February 4th at 10:30 am... Iris Folding

Cindy Mishtal is back to lead this fun paper craft class. Iris folding is a technique of card making that involves multi colored paper layered in shapes for a beautiful finished design. February will feature a Rainbow Heart. Cost is \$5 per card with all materials provided. **RSVP**

Thursday, February 6th at 9:00 am... Field Trip to Clayton Performing Arts Center

Join us for a field trip to Maryville for a performance of Anastasia by Primary Players, a children's theater group. Penny Mayo of Humana will be covering admission for attendees from the Knox Co. Senior Centers! Transportation provided by ETHRA for the first 10 to register. **Please RSVP by Monday, February 3rd in order to attend. For more details, see attached flier.**

Monday, February 10th at 1:30 pm... Shoulder Pain: It's Causes, Your Options

If you are having shoulder pain with normal day-to-day activities, this workshop may be just what you need. Join Lee Easley, DPT, with Knox Physical Therapy as he discusses shoulder and rotator cuff pain and treatment options. **RSVP**

Tuesday, February 11th at 1:30 pm... Valentine's Day in Japan w/ Mana

Join Mana and learn about Japanese Valentine's Customs. We will be decorating cookies/chocolate in the Japanese Valentine's way! No cost/limited space available. **RSVP**

Wednesday, February 12th at 12:30 pm... InstaPot Cooking w/ Rose Albers

Do you have an InstaPot or pressure cooker you have never unboxed or sitting on a shelf? Well dust it off and come join us for this fun cooking class! We will make corned beef and cabbage and back by popular demand, creamy macaroni and cheese.....all done in an InstaPot. Cost is \$15. **RSVP**

Friday, February 14th at 1:00 pm... Volunteer Appreciation Party

What better day for us to show some love to our faithful volunteers who do so much for our Center! This event is by invitation, but if you'd like more info on how you can volunteer at any of our Knox County Senior Centers, just ask our staff. Sponsored by: Ryan Ritter with Wisdom Insurance and Casey Parker with Shalom Hospice.

Tuesday, February 18th at 10:30 am... CAC/OAC Presentation

Come and meet Melinda Bryant, Information and Benefits Officer with Knox County's Community Action Committee/Office on Aging, and learn more about the many programs and services offered for older adults in our community. **RSVP**

Visit our website at knoxcounty.org/seniors

Karns Senior Center
8042 Oak Ridge Highway, Knoxville, TN 37931, Phone: 865-951-2653

Wednesday, February 19th at 1:00 pm... Krfty Stamper

Join Cindy Bogard for this fun paper crafting class ! This month's project is a pinwheel card, candy box, and ladybug Hershey's nugget. All materials provided. Cost is \$13.

RSVP



Thursday, February 20th at 10:30 am... Go Anywhere Travel Presentation

Adventure awaits! Join Donna from Go Anywhere Travel to embark on a journey of discovery at this immersive travel presentation. Grab brochures, detailed itineraries, and travel guides to inspire you. Leave with a roadmap to your next unforgettable journey! **RSVP**

Thursday, February 20th at 11:00 am... Simply Essential Oils

Essential oils are a step towards a healthy lifestyle for you and your home. Learn the basics for using essential oils and how they can help improve your health and provide a safer home environment. **RSVP**

Friday, February 21st at 12:30 pm... Games Day w/ West Knox Senior Center

Come enjoy some friendly competition playing games with our friends from West! We'll play Sorry, Connect 4, Uno, Trouble, Skip-Bo, Battleship, and checkers to name a few. If you don't know how to play, that's ok, we've picked games that are easy to learn and quick to play. There will be door prizes, and light refreshments. Come out and enjoy a chance to mingle with our friends from West! **RSVP**

Monday, February 24th at 1:30 pm... History of Henry Knox

Join Karns resident and author Mike McDonough to learn about Henry Knox-hero of the Revolutionary War and Knoxville namesake. Mike will bring copies of his book, *Why Is My City Called Knoxville?* The book covers the life and times of Henry Knox answering the title question and taking readers on a tour of places with a historical connection to Henry Knox. Books available for purchase \$10 cash/check.

Tuesday, February 25th at 1:00 pm... Crafting with Lisa: Milk Jug Bird Feeder

Come join Lisa Page, Knox County Senior Center floater, for this fun project turning plastic milk jugs into bird feeders. This is a great time of year to help our feathered friends! We will create designs in scrap fabric/mod podge or with paint pens to complete our craft. Class limited to 10 participants. **RSVP**

Friday, February 28th from 10:00-12:00/1:00-3:00... Android Class

Get the most from your Android Device with this class offered by Social Media 4 Seniors. You will learn the following about your Android: care and charging buttons, understanding settings, changing wallpaper, and managing apps: searching for, organizing, moving, and using built in apps—contacts, calendar, camera, mail, text; and Google Chrome basics. Class fee is \$35 prepaid. Class size is limited to 5. **RSVP**

Visit our website at knoxcounty.org/seniors

Life Frequency Hearing Health

Mondays

from 8:00– 9:30 am

Luke Amos with Life Frequency is here once a week offering hearing aid cleaning and hearing check-ups. Please call his office at 865-310-5008 to schedule.

Iris Folding Returns!

**Tuesday, February 4th at
10:30 am**

Rainbow Heart

Essential Oils Classes

**Thursday, January 23rd at
11:00 am**

Winter Make & Take

**Thursday, February 20th at
11:00 am**

Simply Essential Oils

Hymn Sing

Every Third Wednesday

January 15th at 1:00 pm

February 19th at 1:00 pm

Come and sing along with some of your old favorite hymns!

Music Jam

Every First Wednesday

January 8th at 1:00 pm

February 5th at 1:00 pm

Join us for an afternoon of country, bluegrass, and gospel music. Bring your instrument to join in or just come and listen!

January refreshments: Nace Coker, Insurance Broker

February refreshments: Ja'el Michael, United Healthcare

Birding: Spring Migration

Join Robert Terrell for this class on **Wednesday, February 19th at 1:00 pm.**

Bingo is on the first and last Thursday of every month at 11:00 am. Bring a new \$5.00 value gift to participate!

January 30th sponsored by: Penny Mayo of Humana
February 13th sponsored by: American Senior Benefits
February 27th sponsored by: Penny Mayo of Humana

Book Club

January 15th at 2:00 pm

Tuesday's with Morrie by Mitch Albom

When author Mitch Albom contacts his former professor, Morrie Schwartz, who has ALS, Albom discovers his friend Morrie has more life lessons to teach him.

February 12th at 2:00 pm

Millennium by Ian Mortimer

Ian Mortimer takes the reader on an eye-opening and expansive journey through the last millennium of human innovation.

Mystery Book Club

January 22nd at 2:00 pm

The House Next Door by Anne Rivers Siddons

The house next door to the Kennedys appears to be haunted as a succession of owners becomes engulfed by a sinister force, as the Kennedys wrestle with a difficult choice.

February 26th at 2:00 pm

The 7 1/2 Deaths of Evelyn Hardcastle by Stuart Turton

This breathlessly addictive mystery follows one man's race to find a killer, where nothing and no one are quite what they seem.

Veterans Services

Knox County Veteran Services are here to assist Veterans and their dependents in filing applications for: Service Connected Disability Compensation, Improved Pension Program with Housebound Aid and Attendance, Health Benefits Enrollment, Veteran Insurance programs and more. You can schedule an appointment to meet with a representative here on:

**Friday, January 24th
from 8:00-10:00**

**Friday, February 14th
from 8:00-10:00**

Please call 865-215-5645 for more information.

Senior Walks

Knox County Senior Services schedules a monthly walk for seniors. If you would like to receive information about these walks, please email:

seniorservices@knoxcounty.org
or call 865-288-3761.

Social Worker Outreach

January 8th, 10:00-12:00

February 5th, 10:00-12:00

Melinda Bryant with CAC Office on Aging is available to answer your questions and assist you with finding resources and services to meet your needs. You may also contact their office at (865) 546-6262.



Karns Senior Center
 8042 Oak Ridge Hwy., Knoxville, TN 37931
 Ph: (865) 951-2653, Fax: (865) 951-2530

January

2025

Mon (7:30-4:00) Tue (7:30-4:00) Wed (7:30-4:00) Thu (7:30-4:00) Fri (7:30-4:00)

Daily Schedule Remains The Same/Special Events Are Listed By Date				
7:30 Ping Pong 9:00 Cardio Class* 10:00 Art Class* 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew 1:30 Guitar Jam	9:00 Pinochle 10:00 Poker 12:30 Canasta 12:30 Chair Yoga* 1:00 Stability Class* 1:00 Cribbage 2:00 Yoga*	7:30 Ping Pong 9:30 Tai Chi* 9:30 Bridge 10:00 Flow Yoga* 11:00 SAIL Exercise* 11:00 Rook 1:00 Canasta 1:00 Oils and Acrylics	9:00 Cardio Class* 11:00 Trivia 12:30 Chair Yoga* 1:00 Stability Class* 1:00 Crafting Social 1:00 Mah Jongg 2:00 Yoga* 1:45 Beg. Spanish* 2:45 Inter. Spanish*	7:30 Ping Pong 9:00 Pinochle 10:00 Cardio Drumming 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train 1:00 Euchre 1:00 Choir Practice 2:30 Ukulele Practice
<p style="text-align: center;">It's a New Year, why not try a new class?</p>	<p style="text-align: center;">ASL starts back on January 21st</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">Holiday: Center Closed</p>	<p style="text-align: center;">2</p>	<p style="text-align: center;">3</p>
<p style="text-align: center;">6</p> 8:00-9:30 Life Frequency Hearing Health Services 12:15 Line Dancing resumes* 1:30 Self Defense for Seniors	<p style="text-align: center;">7</p> 11:00 Cooking w/ Laurie	<p style="text-align: center;">8</p> 10:00-12:00 Social Worker Outreach 1:00 Music Jam Sponsored by: Nace & Cody Coker	<p style="text-align: center;">9</p> 11:00 BINGO (bring a \$5 new gift)	<p style="text-align: center;">10</p> 11:00-1:00 Ryan Ritter w/ Wisdom Insurance (lobby)
<p style="text-align: center;">13</p> 8:00-9:30 Life Frequency Hearing Health Services 1:30 Self Defense for Seniors 1:30 Knox PT Back Pain	<p style="text-align: center;">14</p> 10:30 Tax Relief Knox Co. Trustee's Office 1:30 Genealogy; Finding Your Family	<p style="text-align: center;">15</p> 1:00 Hymn Sing 1:00 Krfty Stamper* 2:00 Book Club Tuesdays with Morrie by Mitch Alboom	<p style="text-align: center;">16</p> 10:30 Mediterranean Cooking Class w/ Heather Kyle	<p style="text-align: center;">17</p> 12:00-3:30 Field Trip to WKSC For Game Day!
<p style="text-align: center;">20</p> <p style="text-align: center;">Holiday: Center Closed</p>	<p style="text-align: center;">21 Senior Walk</p> Lifeline Screening (all day event)* 1:45 Beg. ASL* 2:45 ASL Part II*	<p style="text-align: center;">22</p> 2:00 Mystery Book Club: <i>The House Next Door</i> by Siddons	<p style="text-align: center;">23</p> 10:00-12:00 Apple Basics* 11:00 Essential Oils: Winter Make & Take*	<p style="text-align: center;">24</p> 8:00-10:00 Veteran's Services 8:30 Vet to Vet Café w/ Caris Healthcare 10:00-12:00 Apple Basics*
<p style="text-align: center;">27</p> 8:00-9:30 Life Frequency Hearing Health Services 1:30 Self Defense for Seniors	<p style="text-align: center;">28</p> 10:30 Fixed Income w/ Jennifer Skiles from Edward Jones 1:45 Beg. ASL* 2:45 ASL Part II*	<p style="text-align: center;">29</p> Toenail Trimming* 1:00-3:00 Dance DJ John Rutherford, Sponsored by: Bonnie /Atria West	<p style="text-align: center;">30</p> 11:00 BINGO (bring a \$5 new gift) Sponsored by: Penny Mayo/Humana Medicare Q & A after	<p style="text-align: center;">31</p> Toenail Trimming* 10:00 Cardio Drums w/ Heather Kyle



Mon (7:30-4:00) Tue (7:30-4:00) Wed (7:30-4:00) Thu (7:30-4:00) Fri (7:30-4:00)

Daily Schedule Remains The Same/ Special Events Are Listed By Date

<p>7:30 Ping Pong 9:00 Cardio Class* 10:00 Art Class* 11:00 SAIL Exercise* 12:15 Line Dance* 12:30 Pinochle 1:00 Sit'n'Sew 1:30 Guitar Jam</p>	<p>9:00 Pinochle 10:00 Poker 12:30 Canasta 12:30 Chair Yoga* 1:00 Stability Class* 1:00 Cribbage 2:00 Yoga*</p>	<p>7:30 Ping Pong 9:30 Tai Chi* 9:30 Bridge 10:00 Flow Yoga* 10:00 Rook 11:00 SAIL Exercise* 1:00 Canasta 1:00 Oils and Acrylics</p>	<p>9:00 Cardio Class* 11:00 Trivia 12:30 Chair Yoga* 1:00 Stability Class* 1:00 Crafting Social 1:00 Mah Jongg 2:00 Yoga* 1:45 Beg. Spanish* 2:45 Inter. Spanish*</p>	<p>7:30 Ping Pong 9:00 Pinochle 10:00 Cardio Drumming 10:00 Poker 11:00 SAIL Exercise* 1:00 Mexican Train 1:00 Euchre 1:00 Choir Practice 2:30 Ukulele Practice</p>
<p>Activities on the calendar followed by an (*) have a fee to participate. Activities listed in bold, please RSVP</p>		<p>Workout room open daily from 7:30-4:00</p> 		<p>If there are any activities or programs you would like to see offered, we are open to suggestions!</p>
<p>3 8:00-9:30 Life Frequency Hearing Health Services 10:00-12:00 Wendy Blackburn/Sr. Financial Group 12:15 Line Dance*</p>	<p>4 10:30 Iris Folding* 1:30 Genealogy; Finding Your Family 1:45 Beg. ASL* 2:45 ASL Part II*</p>	<p>5 10:00-12:00 Social Worker Outreach 1:00 Music Jam Sponsored by: Ja'el w/ United Healthcare</p>	<p>6 9:00-1:00 Field Trip to Clayton Center (Maryville) for play Anastasia</p>	<p>7 10:00 Cardio Drums w/ Heather Kyle</p>
<p>10 8:00-9:30 Life Frequency Hearing Health Services 12:15 Line Dance* 1:30 Knox PT Shoulder Pain</p>	<p>11 1:30 Mana presents Japanese Valentine's Customs 1:45 Beg. ASL* 2:45 ASL Part II*</p>	<p>12 12:30 Rose Albers InstaPot Cooking* 2:00 Book Club: Millennium by Mortimer</p>	<p>13 11:00 BINGO (Bring a \$5 new gift)</p>	<p>14 8:00-10:00 Veteran's Services 10:00 Cardio Drums w/ Heather Kyle 1:00 We Love Our Volunteers Party (Shalom Hospice & Wisdom Insurance)</p>
<p>17 Holiday: Center Closed</p>	<p>18 Senior Walk 10:30 CAC/OAC Presentation w/ Melinda Bryant 1:45 Beg. ASL* 2:45 ASL Part II*</p>	<p>19 1:00 Hymn Sing 1:00 Krfty Stamper* 1:00 Birding: Spring Migration</p>	<p>20 10:30 Go Anywhere Travel Presentation 11:00 Essential Oils*</p>	<p>21 10:00 Cardio Drums w/ Heather Kyle 12:30-3:30 Game Day w/ West Knox Senior Center</p>
<p>24 8:00-9:30 Life Frequency Hearing Health Services 12:15 Line Dance* 1:30 History of Henry Knox by Mike McDonough</p>	<p>25 1:00 Crafting w/ Lisa Milk jug Bird Feeder* 1:45 Beg. ASL* 2:45 ASL Part II*</p>	<p>26 Toenail Trimming* 2:00 Mystery Book Club: The 7 1/2 Deaths of Evelyn Hardcastle by Stuart Turton</p>	<p>27 11:00 BINGO (bring a \$5 new gift) Sponsored by: Penny Mayo/Humana Q&A following</p>	<p>28 Toenail Trimming* 10:00-12:00/1:00-3:00 Android Basics Class by Social Media 4 Seniors*</p>



You're invited to a Life Line Screening event!

Where: Karns Senior Center
8042 Oak Ridge Hwy
Knoxville, TN 37931

When: Tuesday, 1/21/2025

Life Line Screening is the nation's leader in **Stroke and Cardiovascular Disease Risk** Screenings.

Trusted by over 10 million customers.

Screenings are simple and painless. Get peace of mind or early detection.

Who should attend:

Anyone over the **age of 40**

Special Member Pricing for \$159

- ♥ Carotid Artery Disease Screening
- ♥ Atrial Fibrillation Screening
- ♥ Abdominal Aortic Aneurysm Screening
- ♥ Peripheral Artery Disease Screening
- ♥ Plus a **FREE** Hypertension Screening

4 ways to book your appointment...

Call **888-814-0466** and use promo code **HSCA001**

Visit  [LLSA.SOCIAL/HSCA](https://llsa.social/hscatn)



Text the word **"circle"** to **216-279-1607**

These tests cannot detect all risk factors for all conditions, such as and including the presence of coronary artery disease. Those with abnormal results should discuss possible next steps with their family healthcare provider and ensure they understand the risk and benefits of any additional testing or procedures.

Primary  Players

Children's Theatre Group

is proud to present

A

ANASTASIA

THE MUSICAL
YOUTH EDITION



Book by Terrence McNally

Music by Stephen Flaherty

Lyrics by Lynne Ahrens

Inspired by the Twentieth Century Fox Motion Pictures by special arrangement with Buena Vista Theatrical.

From the play by Marcelle Maurette as adapted by Guy Bolton

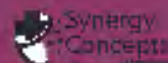
Sensory Friendly Show: 10am Thursday, Feb 6th

**All Performances At
The Clayton Center For The Arts
In Maryville**

Tickets: \$5 per person

60 minute runtime, No Intermission

To sign up please email Penny Mayo at pmayo3@humana.com



ANASTASIA is presented by arrangement with Concord Theatricals. www.concordtheatricals.com

Too cold or snowy for an outdoor walk?
Walk at your local mall!



Jan. 21st @ 10:00 AM |
West Town Mall (indoors)
7600 Kingston Pike 37919

Join Susanne and Judy at West Town Mall for
an indoor walk and window shopping!
Meet us just inside the mall entrance near
The Cheesecake Factory (East side of the mall)
@ 10:00 AM. After our walk we will have
Lunch in the food court.

Please RSVP for the walk by calling 865-288-3761
or email seniorservices@knoxcounty.org

February Senior Services Walk

First Creek Greenway at Caswell Park

620 Winona St, Knoxville 37919

Meet at the back parking lot of the O'Connor Senior Center

Tuesday, February 18th at 10:00am

Come enjoy a short, brisk walk with Tara and Susanne and then warm up with a yummy lunch at

Ale' Rae's

Located at

937 N Broadway

RSVP at seniorservices@knoxcounty.org or 865-288-3761





presents 13 free breakfasts for Veterans and guests monthly
Coffee at 8:00 am - Chow line 8:30 am

First Saturday

Elks Lodge #160
5600 Lonas Drive, Knoxville 37909

Sevierville First Methodist Church
214 Cedar St., Sevierville 37862

Second Saturday

Hillcrest Community Church
1615 Price Ave, Knoxville 37920

Kodak Church
2923 Bryan Rd, Kodak 37764

Third Saturday

Community Center
1708 West Emory Rd, Powell 37849

First United Methodist Church
121 East Meeting St, Dandridge 37725

Seymour First Baptist Church
11621 Chapman Hwy, Seymour 37865

Ebenezer United Methodist Church
1001 Ebenezer Rd, Knoxville 37923

Last Saturday

Oliver Springs DAV
Tri-County Chapter 26
530 Kingston Ave, Oliver Springs 37840

Knoxville DAV Chapter 24
2600 Holbrook Dr, Knoxville 37918

Louisville VFW Post 5154
2561 Hobbs Rd, Louisville 37777

Wears Valley United Methodist Church
3110 Wears Valley Rd, Sevierville, 37862
Located approximately 7 miles S of
Pigeon Forge and 8 miles NE of Townsend

Starting March 30th
West End Baptist Church
116 West End St, Newport 37821

For more information or to sponsor a
breakfast call 865-604-4443

Are you a musician or do you like to listen to music? Knox Co. Senior Centers have something for everyone!

Guitar Jam every Monday from 1:30-3:30 (KARNS)

Open to anyone who can play guitar and likes music from the 60s and 70s. No open audience.

Ukulele Practice every Friday at 2:30 (KARNS) Open to anyone who plays ukulele or would like to learn. No open audience.

Music Jam first Wednesday of every month from 1:00-3:00 (KARNS)

Open to anyone who plays an instrument and likes bluegrass or Americana. Open audience.

Hymn Sing third Wednesday of every month at 1:00 (KARNS) Sing along.

Music Jam first Monday of every month at 1:30 (WEST)

Gospel Singing fourth Monday of every month from 1:00-3:00 (SOUTH)

Open to anyone who plays an acoustic instrument. Open audience.

Music Jam Tuesdays at 1:30 (CORRYTON)

Open to anyone who plays acoustic instruments. Open audience.

South Knox Opry Thursdays 9:00-12:00 (SOUTH)

Country, Gospel, and Bluegrass music open to anyone who plays acoustic instruments. Open audience.

Guitar Jam Fridays at 2:00 (CARTER)

Open to anyone who plays acoustic instruments. Open audience.

